

36th International conference on
Mental Health and Psychiatry
June 20-21, 2024 | Webinar

Volume : 10

Evaluation of a novel Anxiety & Trauma intervention in the Edinburgh Fringe

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“The Anxiety Experiment” was delivered as a show at the Edinburgh Fringe Festival from 1 -25 August 2019. Gazetherapy interventions were explained using props to describe polyvagal theory, cranial nerve and cerebellar anatomy & function. BabyGaze (reducing anxiety in the moment), da Vinci Gaze (attenuating stress) and Accessory Gaze (resolving simple trauma) were delivered to audiences between 6 and 51 people during less than 10 minutes of the 50 minute presentation. Subjects were given a card bearing a QR code to link to an online survey containing validated short screening questionnaires: GAD-2 for probable [Anxiety Disorder](#) and PC-PTSD for probable PTSD.

Results

Efficacy

73 (9.8%) attendees completed the survey of whom 39% screened positive for Anxiety, 26% screened positive for PTSD. Those screening negative in both tests (52%) were designated a control group with 36% of them feeling better after the presentation. 59% of probable Anxiety “cases” and 68% of the probable PTSD cases felt better after the presentation, none felt worse.

Acceptability

95% reported a “definite” or “probable” intent to use the techniques in the future with 5% (all non-cases) stating that they probably would not. No respondent said they would definitely not use the techniques.

Conclusion

Gaze therapy was symptomatically effective for those screening positive for Anxiety and PTSD and it was acceptable when delivered in a group setting.

Biography

Andrew J Ashworth is a highly respected medical professional from the United Kingdom, recognized for his significant contributions to general practice. He holds the esteemed qualification of Membership of the Royal College of General Practitioners (MRCGP), a testament to his expertise and dedication in the field of family medicine.

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Abstract received : Apr 20, 2024 | Abstract accepted : May 02, 2024 | Abstract published : 03-08-2024